

ABSTRACT

ARDIANTI, GABRIELLA DEANANTA. (2026). **Shang-Chi's Coping Mechanism to Childhood Trauma in *Shang-Chi and the Legend of the Ten Rings* Transcript.** Yogyakarta: Department of English Letters, Faculty of Letters, Universitas Sanata Dharma.

Shang-Chi and the Legend of the Ten Rings is a superhero movie produced by Marvel Studios released in 2021 directed by Destin Daniel Cretton. The movie tells the story of Shang-Chi, a young man whose adult life is deeply affected by the painful experiences he went through as a child. After witnessing the death Shang-Chi's mother Ying Li, Shang-Chi's being raised under the harsh and controlling authority of his father Wenwu, Shang-Chi carries wounds that continue to shape Shang-Chi's identity and how Shang-Chi's act to others. Despite building a new life in San Francisco with a different name, Shang-Chi's trauma still follows him and eventually forces Shang-Chi's to confront what he has long been avoiding.

This study has three major objectives: the first is to analyze the characteristics of Shang-Chi as shown in the film; the second is to identify the childhood trauma that Shang-Chi experiences; and the third is to examine how Shang-Chi copes with his childhood trauma throughout the movie.

In this research, the library research method is used to analyze the object of the study. The primary source is the film transcript of *Shang-Chi and the Legend of the Ten Rings* (2021). Supporting sources include books, journals, and previous research related to the topic. The theories used to support the analysis are the theory of characterization by Boggs and Petrie (2008), the theory of trauma by Caruth (1996), and the theory of childhood trauma by Herman (1992), and the theory of defense mechanisms by Anna Freud (1993). This study uses psychoanalytic approach as the lens of analysis.

The study found five major characteristics of Shang-Chi that are closely connected to his traumatic past, namely emotionally restrained, protective, resilient, brave, and avoidant. It is also found that the childhood trauma Shang-Chi experiences come from two main source: the death of his mother Ying Li and the abusive training and manipulation imposed by Wenwu. To cope with these traumatic experiences, Shang-Chi relies on the three-defense mechanism: repression, denial, and sublimation.

Keywords: *childhood trauma, coping mechanism, Shang-chi.*

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Shang-Chi and the Legend of the Ten Rings adalah film superhero produksi Marvel Studios yang dirilis pada tahun 2021 dan disutradarai oleh Destin Daniel Cretton. Film ini menceritakan kisah Shang-Chi, seorang pemuda yang kehidupan dewasanya sangat dipengaruhi oleh pengalaman menyakitkan yang ia alami semasa kecil. Setelah menyaksikan kematian ibunya Ying Li dan dibesarkan di bawah kendali keras ayahnya Wenwu, Shang-Chi membawa luka yang terus membentuk identitasnya dan cara ia bersikap terhadap orang lain. Meskipun telah membangun kehidupan baru di San Francisco dengan nama yang berbeda, trauma Shang-Chi tetap mengikutinya dan pada akhirnya memaksanya untuk menghadapi apa yang selama ini ia hindari.

Penelitian ini memiliki tiga tujuan utama: pertama, untuk menganalisis karakteristik Shang-Chi sebagaimana ditampilkan dalam film; kedua, untuk mengidentifikasi trauma masa kecil yang dialami Shang-Chi; dan ketiga, untuk mengkaji bagaimana Shang-Chi mengatasi trauma masa kecilnya sepanjang film.

Dalam penelitian ini, metode penelitian kepustakaan digunakan untuk menganalisis objek penelitian. Sumber data primer adalah transkrip film *Shang-Chi and the Legend of the Ten Rings* (2021). Sumber pendukung meliputi buku, jurnal, dan penelitian terdahulu yang berkaitan dengan topik penelitian. Teori-teori yang digunakan untuk mendukung analisis adalah teori karakteristik oleh Boggs and Petrie (2008), teori trauma oleh Caruth (1996), teori trauma masa kecil oleh Herman (1992), dan teori mekanisme pertahanan diri oleh Anna Freud (1993). Studi ini menggunakan psikoanalitik sebagai lensa analisis.

Penelitian ini menemukan lima karakteristik utama Shang-Chi yang berkaitan erat dengan masa lalunya yang traumatis, yaitu menahan emosi, protektif, tangguh, berani, dan penghindaran. Ditemukan pula bahwa trauma masa kecil yang dialami Shang-Chi berasal dari dua sumber utama: kematian ibunya Ying Li dan pelatihan abusif serta manipulasi yang dilakukan oleh Wenwu. Untuk mengatasi pengalaman traumatis tersebut, Shang-Chi mengandalkan tiga mekanisme pertahanan, yaitu represi, penyangkalan dan sublimasi.

Kata kunci: *childhood trauma, coping mechanism, Shang-chi.*